



Deanwood Aquatics August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Hours of Operation 6:30 am-8:00pm (Mon-Fri) 9:00 am-5:00pm (Sat-Sun) 1350 49th St. NE Washington, DC 20019 www.dpr.dc.gov				1 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-7:00pm Shallow Aerobics	2 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C
	Registration @ 6:30am 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 6:00-6:45pm Aqua Zumba	5 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	6 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 6:00-6:45pm Aqua Zumba Aerobics	7 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3 6:00-7:00pm Shallow Aerobics	8 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-7:00pm Shallow Aerobics	9 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C
	10 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics	11 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 6:00-6:45pm Aqua Zumba	12 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	13 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:30pm Youth L2S Lvl 1 6:45-7:15pm Youth L2S Lvl 2 7:30-8:00pm Youth L2S Lvl 3 6:00-6:45pm Aqua Zumba	14 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	15 8:00-8:45am Action Against Arthritis Water Aerobics
17 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics	18 8:00-8:45am Action Against Arthritis Water Aerobics	19	20 8:00-8:45am Action Against Arthritis Water Aerobics	21 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	22 8:00-8:45am Action Against Arthritis Water Aerobics	23 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C
24 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics	25 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl 3	26 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	27 8:00-8:45am Action Against Arthritis Water Aerobics 6:00-6:45pm Aqua Zumba 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl 3	28 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	29 8:00-8:45am Action Against Arthritis Water Aerobics	30 10:00-10:30am P & C lvl A 10:45-11:15am P & C lvl B 11:30-12:00pm P & C lvl C
31 9:30-10:15am Shallow Aerobics 10:45-11:30am Shallow Aerobics						Next Registration: Summer Session 3 September 1, 2014 @ 6:30am (Online or Onsite)

Schedule of Events

- **Parent & Child A** (Sat. only) (10:00am– 10:30am) (8 sessions)
- **Parent & Child B** (Sat. only) (10:45am– 11:15am) (8 sessions)
- **Parent & Child C** (Sat. only) (11:30am-12:00pm) (8 sessions)
- **KEEN Group** (Every 2nd Saturday)
- **Lifeguard Training Academy** (Wed. & Fri. 7:00pm-8:00pm & Sat. 2:00pm-3:00pm)

- **Learn to Swim: Youth Level 1** (Mon. & Wed. 5:00pm-5:30pm)
- **Learn to Swim: Youth Level 2** (Mon. & Wed. 5:45pm-6:15pm)
- **Learn to Swim: Youth Level 3** (Mon. & Wed. 6:30pm-7:15pm)

- **Learn to Swim: Child Level 1** (Tue. & Thur. 5:00pm-5:30pm)
- **Learn to Swim: Child Level 2** (Tue. & Thur. 5:45pm-6:15pm)
- **Learn to Swim: Child Level 3** (Tue. & Thur. 6:30pm-7:15pm)

- **Learn to Swim: Adult Level 1** (Mon. & Wed. 5:00pm– 5:30pm)

- **Action Against Arthritis Aerobics** (Mon, Wed & Fri. 9:00am-9:45am) **55+ ONLY**
- **Shallow Water Aerobics** (Sunday 9:30am-10:15am)
- **Aqua Zumba** (Mon. & Wed. 6:00pm-6:45pm)

THERE MUST BE AT LEAST 4 PEOPLE REGISTERED FOR A CLASS TO BE HELD!!!!